

QUESTIONS OF THE ORGANIZATION OF A HEALTHY
LIFESTYLE OF CADETS OF THE ACADEMY OF THE MINISTRY OF
INTERNAL AFFAIRS

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Abstract: *physical perfection is laid through the upbringing of the generation and its maturation, through the culture of a sustainable lifestyle. For him, the main criterion is the health of the individual, the level of his health. Health, and health dates back to the maturation of the human body, and the laying of its cornerstone occurs from the earliest period of its biological age.*

Keywords: *food hygiene, rational, individual, carbohydrates, minerals, analogy, organism.*

Nutritional hygiene is the branch of hygiene that studies the problems of rational nutrition and develops activities to ensure the hooliganism of food substances. Rational nutrition is one of the main factors affecting the health, physical development, morbidity of the population.

Rational and adequate nutrition allows a person to maintain immunity from various diseases, natural and acquired. It must satisfy the body's need for energy, plastic and other materials, providing it with the necessary level of metabolism. The main elements of rational nutrition are balanced nutrition and proper nutrition. Balanced nutrition: provides for the presence of proteins, fats, carbohydrates, vitamins and minerals in quantitative and qualitative optimal proportions. Of particular importance in this is the balancing of irreplaceable amino acids, which are not synthesized in the body.

Currently, the chemical composition of food has been found to increase the body's resistance to the action of various toxins and allow them to be excreted from the body. The main hygienic requirements for food are as follows: Food compensates for the body's energy consumption in accordance with the heaviness of human labor, age, State of health; adequate storage of nutrients necessary for plastic purposes and the normative course of all physiological processes; should have an appetizing, pleasant, pleasant aroma, beautiful appearance, provoke a feeling of satiety; should be at the appropriate temperature; should not be stored, i.e., toxin-containing substances and pathogenic bacteria; the diet should be balanced in terms of the amount of various nutrients; the total energy value of the food should be properly distributed in terms of its intake during the day.

The physiological norms of the need for basic nutrients and energy-a detailed study of energy consumption, as well as the production of indicators of the exchange of protein, yoghurt and minerals in different groups of the population, taking into account geographical regions of residence.

The physiological norm of nutrition is the average values that reflect the optimal need of certain populations for basic nutrients and energy. When determining Individual needs, first of all, it is necessary to take into account information about height, body weight, age, as well as specific features of working and lifestyle. In order to replace the daily energy expenditure, the body must be provided with a sufficient amount of food of a certain composition.

Sanalogy is a health doctrine that teaches Community Health, Health tasks, and ways to implement them. According to the Charter of the World Health Organization, health is a state of tranquility, both physically, mentally and socially. A healthy person is engaged in labor activities and benefits society and the state. Consequently, a health bar is an indispensable condition for a person to increase invaluable blessings, happiness, the economic power of the country and the well-being of the people.

Health-influencing factors include: the influence of mutagenic (oncogenic, teratogenic) factors, which increase in the biosphere due to environmental pollution, causes an increase in hereditary diseases that are passed down.

2. Due to an unhealthy diet, the normative activity of the body is disrupted, and this condition is the cause of diseases. The fact that the body is not supplied with sufficient nutrients reduces its protective properties and, in addition to providing a basis for the appearance of diseases, leads to rapid fatigue, impaired working capacity. Children's malnutrition in moderation delays growth and physical development.

3. Hypodynamia (Greek. hypo-low, low, and Dynamis-strength) insufficient muscle function, reduced contraction force, is usually accompanied by hypokinesia, which is caused by constant sitting work, low mobility, decreased weight that falls on the muscles in general, that is, a decrease in human activity of movement. Hypodynamia is also observed when a person lies ill for a long time.

The great emphasis on the field of physical education and sports serves as an important factor in the growth of new champions in sports in our country and the fact that our athletes raise the flag of our country in Asia and the world. The state programs, decisions and decrees adopted to the youth, which make up more than half of the population of our country, as well as the broad conditions and facilities under which our entire population is being created, their modern knowledge and health promotion, provide a great basis for the implementation of targeted plans.

CrossFit is a sport that uses multiple energy-intensive, multi-joint movements, involving free weight exercises, exercises with personal body weight, combining sets of specially structured complexes using cyclic (cardio) exercises and performing without a length for a period of time.

The main task of this sport is to intensively develop various systems of the body and strengthen overall health. In addition, combined exercises are

considered to chin participants, increase their endurance level, adapt their physical capabilities to any load.[1,2]

The basis of the development of exercise complexes is the principle of multi-pound, which makes it possible to use all the functions of the body competitively and determine the best physically trained athletes. The ability to increase and develop physical abilities and adapt to any circumstances is a functional advantage of flexibility to any loads, under any conditions of functionality. Fuktional versatility will also be useful for all other sports that are needed by achieving skills.

Main part. The main majority of CrossFit exercises are based on movements, the characteristic of which is natural movements performed by a person in everyday life.

An example of these actions is:

- Sit-ups;
- * Lifting bodies;
- Write bent on the ground in the hands;
- Pulls;
- Cast lifts can be cited.

It is said to be complex or multi-part if multiple muscle joints are involved during functional movements. Such mortars are used naturally and efficiently by a person to change the state of his body and transport (move) any objects. At the same time, the most important aspect of functional movements is that they allow large weights to be moved over long distances and performed quickly. Due to the combination of these three (weight, distance and speed) attributes, these moves are uniquely suited to produce higher power.

This sport is a mainly singles sport that requires the qualities of endurance, agility and strength from those involved.

CrossFit training increases ability over dynamic and static loads by controlling all body limbs. Properly structured training complexes, on the other hand, provide a ratio of strength, body weight and flexibility qualities.[3]

As for age-related restrictions in this sport, the state of Health and the level of physical fitness will be reached. That is, young children can be engaged from the age of 12 if they do not have complaints about their health. The elderly, on the other hand, are advised if they feel good without complaints about their health and do not have restrictions on certain activities and can easily perform simple exercises. Another important aspect in this sport is that the loadings in the training process are adapted (scaled) to them, taking into account the fact that the practitioners have different physical training.[4,5]

Conclusion. To achieve high results, the practitioner must follow his or her own intelligence and the advice of a qualified coach. Coaches and athletes should not be afraid to make changes in the training they started. If a risk situation arises, the athlete and coach must finish training in time or change the load correctly.

For each beginner, two factors are required to be scaled, these are:

- * Intensity;
- * Volume.

For beginners, it is a wise way to reduce the intensity or volume of bicycling for two weeks. Depending on the development of the athlete, the intensity and size can be gradually increased over the coming weeks, months and years.

Thus, CrossFit sports can be considered a universal sport that allows you to develop all the physical capabilities of the body and achieve any goals.

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